



Wyoming Sun Safe Schools of Distinction

The Wyoming Sun Safe Schools of Distinction project was formed in an attempt to raise awareness and enhance school policies surrounding sun safety in the state. In order to obtain a sun safe school distinction award, a school must meet various sun safety criteria.

The following criteria are ways in which a school may obtain Sun Safe School status:

Sun Safety Education:

- Include skin cancer and sun protection education in school curricula:
 - Integrate sun safety education within both general and health education curricula; and
 - These curricula shall be focused on influencing student's knowledge, attitudes, and behaviors while outdoors.

Promotion of Sun Protection Measures:

- Promote outdoor measures to decrease UVA and UVB exposure:
 - Encourage students to wear hats, sunglasses, and protective clothing while outdoors;
 - Provisions to require or allow students to wear hats to protect the face, neck and ears (a no-sharing education component must be implemented in order to protect from infectious problems, such as head lice);
 - Encourage students to seek shade, and limit sun exposure during peak hours of sun intensity (this shall not include the elimination or reduction of outdoor physical activity programming); and
 - Provisions to require or allow students to bring sunscreen to school and wear it outside.

Sun Safety for School Staff:

- All schools shall develop a worksite sun safety component to ensure that all school staff, especially those who work outdoors a majority of the time, are adequately educated about the following topics:
 - The harmful and beneficial effects of the sun;
 - The relationship between unprotected skin exposure to the sun and skin cancer, as well as premature aging and wrinkling of the skin;

- Ways to protect the skin, including the use of protective clothing, hats, sunglasses, sunscreen, and lip balm, as well as limiting exposure when possible and practical, during peak intensity times; and
- The importance of modeling healthy sun-safe behaviors to students.

This training may happen at a quarterly staff meeting, or during New Employee Orientation.

Evaluation:

- Annual assessment of student sun safety practices and sun burns via the Wyoming Sun Safety Survey;
- Ongoing evaluation of policy development, program implementation, and program outcomes.

Family & Community Involvement:

Families shall be provided information about:

- The causes of skin cancer and ways it can be prevented;
- The sun safe school program;
- Sunscreen sensitivity and allergies;
- The importance of children wearing hats and other protective clothing (also a no-sharing policy pertaining to head lice); and
- Ways that families can reinforce the school-based sun safety program with activities at home; and
- Ways that families can become involved with and support the sun safety program.

Wyoming Sun Safe Schools of Distinction Application

Wyoming schools that meet are determined a Sun Safe School of Distinction and meet various criteria identified below will receive a plaque, a mention in the news, and be listed on the Wyoming Comprehensive Cancer Control Consortium website. Once every school within a district is deemed a Sun Safe School of Distinction, the School District will be honored and obtain a district plaque/award. Schools at every grade level (K-12) are encouraged to participate.

School Information:

Date: _____

Name of School: _____

Address: _____

Telephone #: _____

E-mail: _____

Contact Person: _____

Title/Position of Contact Person: _____

Circle Grade in your School: K 1 2 3 4 5 6 7 8 9 10 11 12

Print Name of School Principle: _____

Signature of School Principle: _____

Education:

- * ☐ Our school has included evidence-based skin cancer and sun protection education in school curricula (within general and/or health education curricula).

Promotion of Sun Safe Practices on School Grounds by Students:

School promotes outdoor measures to decrease UVA and UVB exposure by (please check all that apply);

- * ☐ Our School encourages students to wear hats, sunglasses, and protective clothing while outdoors;
- * ☐ A no-sharing education component is implemented in order to protect students from infectious problems, such as head lice;
- * ☐ Our school encourages students to bring sunscreen to school and wear it on school grounds to protect themselves from dangerous UVA and UVB rays; and
- * ☐ Our school encourages students to seek shade, and limit sun exposure during peak hours of sun intensity (this should not include the elimination or reduction of outdoor physical activity programming).

Evaluation of Sun Safe Practices on School Grounds:

- * ☐ Our school agrees to complete ongoing evaluation of policy development, program implementation, and program outcomes (e.g. The Wyoming Sun Safety Survey).

** Required for Wyoming Sun Safe School of Distinction Status*

Worksite Sun Safety:

- ☐ Our school has developed a worksite sun safety component to ensure that all school staff, especially those who work outdoors a majority of the time, are adequately educated about the following topics:
- The harmful and beneficial effects of the sun;
 - The relationship between unprotected skin exposure to the sun and skin cancer, and cataracts, as well as premature aging and wrinkling of the skin;
 - Ways to protect the skin and eyes, including the use of protective clothing, hats, sunglasses, sunscreen, and lip balm, as well as limiting exposure when possible and practical, during peak intensity times; and
 - The importance of modeling healthy sun-safe behaviors to students.

Promoting Sun Safe Practices at the Community Level:

It is important to promote sun safe practices at the community level. Schools can often times be the gateway to communities. Here are some of the issues that schools can promote at the community level:

- The causes of skin cancer and cataracts and ways they can be prevented;
- Community-based sun safety programming;
- Sunscreen sensitivity and allergies;
- The importance of people wearing hats and other protective clothing, including information about a no-sharing rule to prevent possible cases of head lice;
- Ways that families can reinforce the sun safety programming with activities at home; and
- Ways that families can become involved with and support sun safety within the community.

Please identify ways that your school promotes sun safety in the community:

- ☐ Parent Teacher Association Meetings;
- ☐ Parent Volunteer Groups;
- ☐ Brochures and informational flyers;
- ☐ Hosting speakers at local conferences or meetings in which the community participates;
- ☐ Other: _____
